**DISTANCE SCOUTING PROGRAMME 8**

**“THE SPIRIT OF KONTIKI – THE GREAT ESCAPE”**

**(8 MAY 2020)**

**Developed by: 1st BEDFORDVIEW SCOUT TROOP,** DISA ROAD, BEDFORDVIEW PO BOX 16117 DOWERGLEN. <http://www.1stbedfordviewscouts.co.za> [Facebook](https://www.facebook.com/groups/52684287286)

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| **You have until** *'insert date to be completed here'* **to complete this programme.. Follow the instructions carefully and you will be marked “present” for the programme, earn points for your Patrol and hopefully compete some advancement and prepare for upcoming programmes and camps. More importantly, HAVE FUN!!!** |

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| **Equipment required for programme:**   * A cell phone with internet access and WhatsApp access to your patrol WhatsApp Group and a stop watch * Paper and a writing implement * Substitute poles and rope (twine, pencils, broomsticks, cords, anything will do!) and floatation devices OR model making equipment (twine, pencils etc) * Your personal journal |

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| **The PL should, as always, designate who is doing what and, if nobody is doing an item (such as posting a training video) do this item so that the patrol can complete the programme. In this programme, the PL MUST set out who is doing what topic for the “Global Community” section.** |

Your head is spinning from all the knots and lashings that you learnt last week. You feel confident that you can now put together a raft to get off your island, and are rearing to go.

It should take you a couple of days to put together the raft, but hopefully by the end of the week you will have got back to civilization!

**INSPECTION:**

You look at your cellphone before you start and notice the date. On Sunday it’s Mother’s Day and there is no chance that you will be finished your raft by then. You must do something to make the day special, even if you are thousands of miles away in Indonesia.

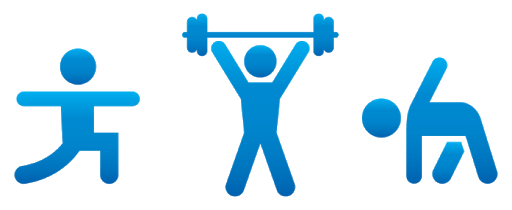
Put together some sort of treat for your mother to show that you love her and post a picture of your treat on your patrol WhatsApp Group. The only rule is that your “something special” cannot be something you brought at the shops.

Some ideas include:

* Making mom a gift;
* Making mom a special card or poster;
* Making mom a special meal (post a picture of you enjoying the meal with her);
* Putting on a special song or performance for mom (make a video of it and post it!)
* Doing a special chore for mom (weed the garden, clean the oven etc, something that she would normally do)

If you don’t have a mom or your mom is not with you, pick someone else special to you and treat them instead. Try to do this task by Sunday 10 May 2020.

**GAME:**

You are going to need plenty of strength to get your raft back to civilization. Try do as many of these tasks as possible in 15 minutes. If you managed to do everything, post your time. Else set out what you managed to do in the 10 minutes. Bonus points for a photo of you doing a hand stand.

1. Do a handstand (you can balance against a wall) and hold the position for 15 seconds;
2. Do 20 sit ups;
3. Do 20 push ups;
4. Do 15 burpees (visit <https://www.youtube.com/watch?v=TU8QYVW0gDU> if you don’t know what a burpee is);
5. Do 20 squats;
6. Do 15 jumping jacks;
7. Hold a “forearm plank” position for 45 seconds (visit <https://www.youtube.com/watch?v=ASdvN_XEl_c> to find out how to do this);
8. Do 20 chair step-ups on each leg (ie 40 total). Visit <https://www.youtube.com/watch?v=XfvSfApvpbo> to see how to do this.

You are in competition with the other patrols, so do your best to keep your patrol average high!

**ESCAPE!!!**

It’s time to get out of dodge.

**DO ONE OF THE FOLLOWING (both if you want to attempt the badge)**

**OPTION ONE (Requires a swimming pool)** – build a raft capable of supporting two scouts and use it to cross your swimming pool. Post a picture of your raft and a video of you and a family member crossing the pool.

**If done properly, this will pass off item 6d of your Pioneering Scoutcraft Badge. Visit** <https://scoutwiki.scouts.org.za/index.php?title=Pioneering_Scoutcraft_Badge> **for the full requirements of the badge. Make sure you can see your lashings etc in your photo so your PL or scouter can check if they are correct.**

This is not as difficult as it sounds. Broom sticks, pieces of wood, mops and similar items take the place of staves. String, cords, belts etc replace rope. Black plastic bags filled with air can be used to provide the entire structure with buoyancy and are surprisingly good floatation devices.

Use as many of the scout knots and lashings that you learnt last week in your project as you can.

**If done properly, most TSs will accept your model in lieu of the model bridge required for item 6iii of the Pioneering Scoutcraft Badge. Visit** <https://scoutwiki.scouts.org.za/index.php?title=Pioneering_Scoutcraft_Badge> **for the full requirements of the badge. If you would prefer to do a model bridge, that is fine. Keep your model so your PL and TS can check your knots and lashings once lockdown has finished.**

**OPTION TWO** **(Requires string or thread and pencils)** – build a model of a raft that will float on water (a basin, bathtub or pool). Post a picture of your floating model on your patrol WhatsApp group. The model should be of a raft capable of supporting your entire patrol and should be to scale. Ideally you should be able to use this as a model for a Kontiki-style competition.

Although dowel sticks are most commonly used for this sort of project, pencils will do fine. If you don’t have string or thread, consider using dental floss or strips of plastic or cut elastic badgs. Empty coke cans (properly sealed) will do for barrels, as will plastic medicine tubs.

Use as many of the scout knots and lashings that you learnt last week in your project as you can.

**IF YOU WANT TO ATTEMPT YOUR PIONEERING SCOUTCRAFT BADGE, CONSIDER DOING BOTH OPTIONS AS BOTH COUNT TOWARDS THIS BADGE. ITEM 6 OF THE BADGE REQUIRES TWO PROJECTS TO BE COMPLETED, SO IN THEORY YOU CAN COMPLETE ALL OF ITEM 6 OF THE BADGE. THE BADGE IS ONE OF THE ADVANCEMENT OPTIONS UNDER THE “SKILLS” THEME.**

**GLOBAL COMMUNITY:**

As you prepare to leave your island refuge on your raft, you realise that 8 May 2020 is a very important date. 75 years ago was VE-day, the end of World War II in Europe. You are now fully aware that the entire world is involved in a very different type of war, and you thought it might be nice to commemorate VE-Day in a special way.

**If you are the Patrol Leader, allocate each member of your patrol (including yourself) one of the following topics, so that your patrol covers as many of them as possible. Your patrol MUST cover the “Messengers of Peace” badge topic. If you have more than eight patrol members either add suitable topics or get two scouts to do the same topic. BONUS points if you cover all eight topics (you may need to get scouts to do two topics then).**

**If you are a patrol member, find out a bit about your topic and do a brief presentation (a poster, skit, or video) of no more than 5 minutes about your topic.**

Topics:

* The significance of poppies in remembering people and the story of the poppy;
* The dangers faced by our “soldiers” (doctors, nurses etc) in fighting the Coronavirus;
* The importance of international friendships in avoiding conflicts;
* The “Messengers of Peace” badge;
* What projects your patrol can take part in to help with the fights against Coronavirus (**Consider turning this into a patrol good turn, which will count for your star patrol and your Patrol Activity Scoutcraft Badge**);
* An armed conflict currently going on in the world;
* The role of the UN Security Council in ending armed conflict;
* The link between substance abuse and violent crime / gangsterism.

**BLOG TIME:**

Let your family know about your escape on your raft!

**If you have completed your “Leadership” Theme from your Discoverer** upload the latest photos etc onto your patrol blog. If your blog is not up and running yet, get it going! If you can’t do a blog, set up an Instagram page or something similar. **If nobody needs to complete this item the PL should set up the blog.**

**If you are not running the blog** update your Personal Log. Maybe add some of the photos of what you are doing.

**This covers part of Item 1i of the Personal Development Theme from the Traveller Badge. You need at least five entries to pass the item.**

**ANNOUNCEMENTS**

* This Distance Scouting Programme is an experiment. We would appreciate constructive feedback on the programme. Please send this to [andrew.campbell@scouts.org.za](mailto:andrew.campbell@scouts.org.za).

**TROOP DISMISSED!**